

TIRZEPATIDE (COMPOUNDED) WITH GLYCINE PATIENT EDUCATION

MEDICATION TYPE: Weekly injectable medication

PRESCRIBED FOR: Weight management, blood sugar control in type 2 diabetes, or as directed by your provider.

WHAT IS THIS MEDICATION?

Tirzepatide is a peptide-based medication that mimics natural hormones (GLP-1 and GIP) to help regulate blood sugar, reduce appetite, slow digestion, and support weight loss.

Glycine is an amino acid that may reduce muscle loss, support gut health, metabolism, and overall well-being.

HOW TO USE

- Inject **once weekly**, on the same day each week.
- Administer subcutaneously (under the skin) in the abdomen, thigh, or upper arm.
- **Rotate injection sites** each week to minimize irritation.
- Use exactly as directed. Do not mix with other medications in the same syringe unless advised by your provider.

STORAGE INSTRUCTIONS

- Store in the **refrigerator at 36°F–46°F (2°C–8°C)**.
- Do not freeze.

COMMON SIDE EFFECTS

- Nausea or reduced appetite
- Diarrhea or constipation
- Redness or irritation at the injection site

These side effects are typically mild and may lessen over time.

SERIOUS SIDE EFFECTS (CONTACT YOUR PROVIDER IMMEDIATELY)

- Severe abdominal pain (with or without vomiting)
- Signs of an allergic reaction (e.g., rash, swelling, trouble breathing)
- Yellowing of the skin or eyes
- Unusual fatigue, dizziness, or confusion

IMPORTANT PRECAUTIONS

- Not recommended during pregnancy or breastfeeding unless approved by your provider.
- Inform your provider if you have or have had:
 - o Pancreatitis
 - o Gallbladder disease
 - o Kidney problems
 - o Personal or family history of thyroid cancer
- Do not use alongside other medications in the same class unless directed.

HELPFUL TIPS

- Eat slowly and in smaller portions to reduce nausea.
- Stay well-hydrated throughout the day.
- Monitor your weight and any side effects regularly.
- Contact your provider if you miss more than one dose or have concerns.

QUESTIONS? WE'RE HERE TO HELP

Red Rock Home Pharmacy: **801.839.5080**

Email: **Compounding@redrockrx.com**



You can count on us.